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## The Winonan

Winona State University

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## WSU GLBTA community hopes for open-mindedness

Jenn Holt  
Winonan

Mara Keisling was a baby once. In fact, the entire human population, at some point, were babies once. Some of those babies were born with brown hair, some with blonde; some are born with 10 fingers, others with fewer or more.

And Mara Keisling was born transgendered.

On Oct. 11, Keisling used her baby analogy to transition into her discussion, "The State of the Transgendered Civil Rights Movement." Oct. 11 also marked the twenty-second anniversary of National Coming Out Day in the United States. The Winona State University GLBTA Partnership participated in the events of the day.

The partnership chalked around campus to alert the student body it was National Coming Out Day and encouraged awareness and recognition of what the day really stands for.

Coming out isn't necessarily just meant for gay people to come out of the closet, so to speak.

"National Coming Out Day is just a day," Keisling said. "It's hard to keep in secrets. And I

know everyone in this room has something they're hiding. Whether you did something really horrible once, you had an abortion, or you have a weird mother. There is always something, and its no way to live."

Winona State student Nathan Stone, 22, came out to his parents when he was 18. Growing up in a small town and participating in wrestling throughout high school, Stone told his parents he was gay on a weekend he was home from college. He dated his then-boyfriend for two and a half years and it was his boyfriend's positive experience that encouraged him to finally come out to his parents.

"It was about a two-hour event. My mom tried to be my support, and my dad wouldn't even give me a hug as I was walking out," Stone said. "I still have yet to talk to them about it. We don't talk about my personal life and they have never met my boyfriend."

Compared to when he began joining the GLBTA meetings, Stone said he's seen a change on Winona State's campus in the GLBTA community. He says he feels fairly comfortable in Winona.

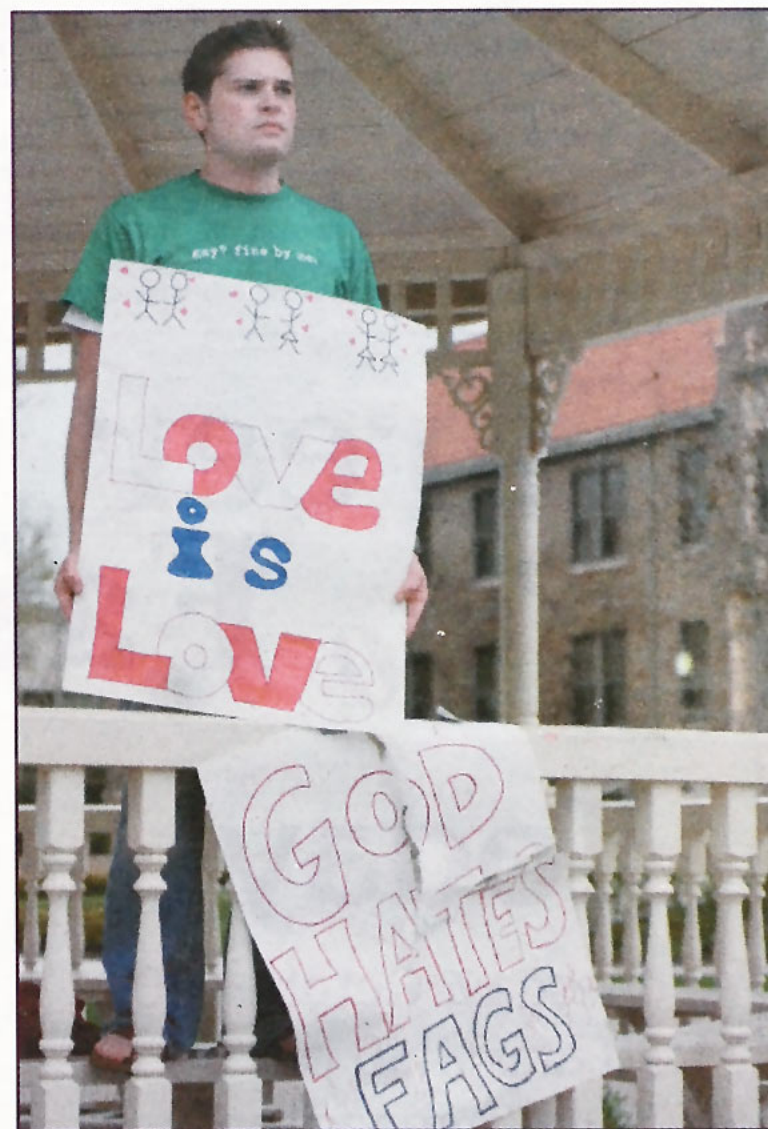
"When I first started coming

to meetings, there were maybe 12 people and now there are like 30," Stone said. "There are still those people who will walk around the subject and I don't want to say there are more people out, but there are more people who are fighting for equality."

President of the GLBTA Partnership, Shane Krpata, said coming out day is not just a "gay-person" holiday. He said a lot of parents use it as an opportunity to embrace that their children are gay or lesbian.

"I don't think that straight people think about gay things very often," Krpata said. "So just by having a day like this, it might refresh someone's memory that gay people exist. So it's better than having nothing at all."

Krpata first came out when he was 16 and said it freaked him out, but was also a weight lifted off his shoulders. Before coming out, he said he was constantly anxious and wondered if people knew he was gay. Because the topic of being gay doesn't come up in everyday conversation, Krpata had to force the topic upon people and didn't like the



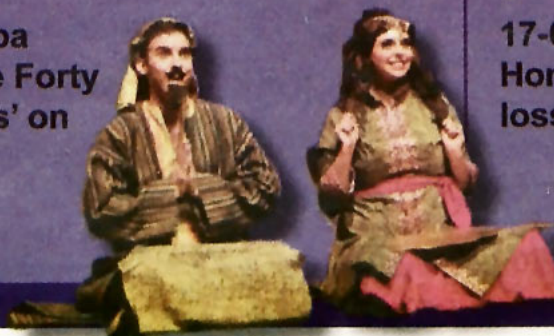
Katherine Chickey/WINONAN archive  
Winona State student Ryan McGrath supports the National Day of Silence in April 2008.

See GLBTA, pg. 2

**News**  
**Inside:** Campus efforts for National Breast Cancer Awareness Month



**Arts**  
'Ali Baba and the Forty Thieves' on stage



**Sports**  
17-0 shut-out Homecoming loss to Augustana





# GLBTA

Continued from pg. 1

feeling of having to tell people out of obligation.

"Before I came out I was really depressed. And it's interesting how much it affects your personality and how you interact with others. I was intimidated by almost every guy I came into contact with," Krpata said. "I thought because I was a guy and they were a guy, they would know and then assume that I was into them and then they would hate me. Some people do have that perspective, but I'd say about 98 percent of people don't."

Krpata first came out as bisexual, assuming people wouldn't hate him too much. He then came out as gay, but

went "back into the closet" when he joined the Army Reserves. Other people from his high school had dropped out of college and joined the Reserves and knew about the rumors that he was gay. Within his unit, he was outed as a gay man and soon became a target for his superiors.

"If there were tasks no one else wanted to do, superiors who knew the rumors would generally make me do the unwanted tasks," he said.

Regarding the recent suicides that have swept the nation, Krpata said he could relate to the thoughts and feelings of those individuals who have ended their lives.

"When I was in high school, I used to get bullied and teased so bad, I attempted suicide," Krpata said. "People say these horrible, mean things that people generally only think to themselves. And when you actually hear someone else say it, it intensifies so much and gets louder as it replays in your head."

A study conducted by the National Gay and Lesbian Task Force and the National Center for Transgender Equality found that of the 6,400 people surveyed, 41 percent said they have attempted suicide. The national estimate is 1.6 percent.

Another study, "Family Rejection as a Predictor of

Negative Health Outcomes," showed that adolescents who were rejected by their families for being "LGBT" were 8.4 times more likely to report having attempted suicide. And for every completed suicide by a young person, it is estimated that 100 to 200 attempts are made.

"People are dying," said Winona State's GLBTA Vice President Jessica Ernst. "Some authority figures need to step up and say, 'that's enough.' It's not about being gay or straight. People are killing themselves cause they feel so little and it's not OK no matter who you are."

There are "safe spaces" on campus for people to go where

they won't be judged, no matter the problem. The signs read 'GLBT safe-space' and are posted on supportive faculty's doors.

"We are people. We're not just those flamboyant boys or butchy girls. We are people in between," Stone said. "If people take the time to meet one person who's different, their minds will change. People need to be more aware of the things they say and that will help get rid of gay stereotypes, and hopefully make people more open-minded."

Contact Jenn at [JHolt06@winona.edu](mailto:JHolt06@winona.edu)

# Career 2010 Fair Today!

Wednesday, October 20

11:30 am- 3:30 pm

McCown Gymnasium

Interview Day

Thursday, October 21

9 am- 4 pm

Kryzsko

Questions or Concerns?!  
Contact Career Services at  
[career@winona.edu](mailto:career@winona.edu)  
or 507.457.5878

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# WSU dining, athletics and clubs raise money for breast cancer

**Chelsea Filipovich**  
Winonan

The hundreds of students who stop by the Smaug each morning for their fill of coffee and breakfast have had a new item on the menu: pink pastries.

As breast cancer awareness and fundraising efforts continue during the month of October, Winona State University's Dining Services, athletic department, student clubs and individuals alike have joined the cause. The pink pastries in particular have raised money for the National Breast Cancer Foundation and the Winona Health Mammography Department.

"Everyone knows someone who's been touched by breast cancer," said Bruce Bechtle, director of Winona State

Dining Services, "It's a big issue, and we've got to do something about it." According to BreastCancer.org, about one of every seven women will get breast cancer over a 90-year life span.

The idea behind the pink pastries is to offer students an easy way to donate to breast cancer fundraising, a cause students may not normally be able to afford.

"It has been a successful and positive buzz [around campus]," said A.J. Schuler, Winona State Dining Services assistant retail manager, "and people have really picked up on it."

Fifty percent of pink pastry purchases go to the National Breast Cancer Foundation. Dining Services also sells pink silicone wristbands, an item so

popular a reorder was necessary within days of introducing the bracelet. The wristbands made their first appearance Oct. 2, at the Winona State concession stand.

Along with \$1 being donated per ticket sold throughout that weekend's five athletic events, the Warriors' Student-Athlete Advisory Committee also sold t-shirts to raise funds for the Winona Health Mammography Department. Winona Health contributes to breast cancer research and treatment and is supported with various funding. The Oct. 2 weekend raised \$710 alone.

"We are extremely proud to have a part in helping locally," said Assistant Athletics Director Travis Whipple. "It takes more than just one person or a group of people to

fight cancer, it takes an entire community."

"Warrior Athletics will continue to 'think pink' and fight for a cure for years to come," Whipple said.

Not only do the campus' dining and athletic services aid cancer awareness, but Colleges Against Cancer also promotes the American Cancer Society. Laura Fischer, Survivorship Chair for Winona State's CAC, has had first-hand interaction with breast cancer when her aunt passed away from the disease this past summer.

"Adult cancer is in many ways preventable," Fischer said, "You can do things to control the risk factors."

Although college-aged students are not considered old enough to require actual cancer examinations

like mammograms, self examination is a wise technique to stay in tune with your body and aware of changes that may occur.

"Living an active and healthy lifestyle is important. Decisions now affect forever," Fischer said.

Every 69 seconds, a woman dies of breast cancer somewhere in the world, as reported on the Susan G. Komen: For the Cure website. However, the National Breast Cancer Association said nearly 70 percent of all cancerous breast lumps are discovered by self-examination and through early detection, the 5-year survivor rate is 98 percent.

Contact Chelsea at  
CFilipovich07@winona.edu

## Security Incidents

**Oct. 11**

2:35 p.m. — a student reported damage to his vehicle while parked near the intersection of 7th & Washington Street. The student was referred to the Winona Police Department.

10:29 p.m. — The Winona Police reported arresting

seven individuals near the intersection of 8th & Main Street for minor consuming. Those that were found to be students were also referred to the Conduct Officer.

**Oct. 12**

8 a.m. — It was reported a staff member placed some papers on a heater in the

press box and a small fire started. Some minor damage was reported to have occurred.

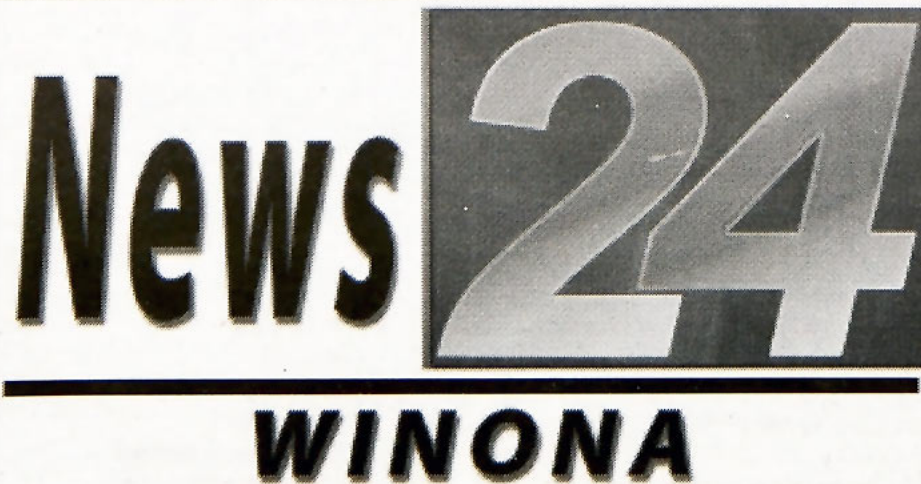
2:10 p.m. — Security checked on the welfare of a student on campus after receiving a report regarding his behavior. Everything found to be okay with the student.

**Oct. 15**

1:30 a.m. — Security conducted a welfare check of a student in the Quad regarding a reported incident that took place off campus. Law enforcement was also notified and the student was eventually transported to the hospital.

10:15 a.m. — Security and EMS responded to Prentiss-Lucas regarding a student who was intoxicated. Student was eventually transported by EMS. Matter also referred to the Hall Director.

10:10 p.m. a student was cited for an alcohol violation at Lourdes. Referred to the Hall Director.



## Winona State's news channel!

**Winona State University's Mass Communication student-based news channel has news for the campus community!**

**Thursday's and Friday's broadcast includes:**

- The latest on the shooting that injured two WSU students
- A Cotter High School student ranked first in the world of jet skiing
- Big Muddy River Rendezvous invades Winona. We'll show you how this unique festival had something for everyone

**Watch at noon, 6 p.m. and 10 p.m. on Thursday and Friday on HBC channel 24 and Charter channel 11.**



# Common Book, Winona State aim for a 'greener' university and world

**Amy Brinkman  
Krista Sauerer  
Winonan**

Though taking out the garbage isn't a fun or sanitary task, it's a necessity in a society where trash is inevitable. On average, each American throws away 4.5 pounds of garbage every day.

On Oct. 13, author and journalist Heather Rogers presented "The Hidden Life of Garbage: Why Do We Have So Much?" at Winona State University.

Rogers' lecture was a main event in this year's Common Book Project on campus. Her book, "Gone Tomorrow: The Hidden Life of Garbage," is currently being read by more than 1,000 Winona State students and faculty.

"Gone Tomorrow" traces the history and politics of

garbage in the United States and shows the connection between Americans' daily lives and large environmental problems, like pollution and global warming.

Speaking to a crowd that nearly filled Somsen Auditorium, Rogers explained "recycling is nothing new." In the past, it was the norm for Americans to recycle, but in the 1950s Americans basically stopped.

Rogers cited several factors that contributed to this detrimental shift in garbage history, including new technology in garbage handling, unprecedented consumer buying power and the introduction of planned obsolescence, or deliberate malfunction, in products.

More recently, many companies have engaged in "greenwashing," a term

constructed to describe manufacturers' brainwashing of consumers into believing that they create environment-friendly products in environment-friendly ways.

Manufacturers in many industries use the popular "green" brand strategy, but most do nothing or very little to help environment. There is no regulation on "green" messaging; consumers must bear the responsibility of sifting through the reliability of advertisers' messages.

Throughout the last 50 years or so, society has created a separation between the individual consumer and global climate problems, Rogers said. People just hope that we can use our wealth to find a technological solution to the problem, which is "bizarre" logic, she said.

We are in an "era of

undeniable climate change," Rogers said. "The choices that we make, matter. What you [personally] do, affects the health of the environment."

Rogers confronted the fears that reducing garbage on any scale will take considerable sacrifices. "Reducing consumption does not mean that we have to go without. It does not mean suffering," she said. "[In fact,] it could even mean improving quality of life."

After Rogers' lecture, a panel discussion was held Oct. 13, in the Student Activity Center. Accompanying Rogers on the panel were Anne Morse, Winona County Sustainability Coordinator; John Chernega, director of the Habitat for Humanity ReStore; and Jay McHenry, Winona State's Campus Planner.

Issues on how individuals

can impact the environment in a green manner were openly discussed with the audience.

Like many students, Kala Swenson read "Gone Tomorrow" for her English 111 class. Swenson's class even kept its own garbage journals to document everything they threw away in a week.

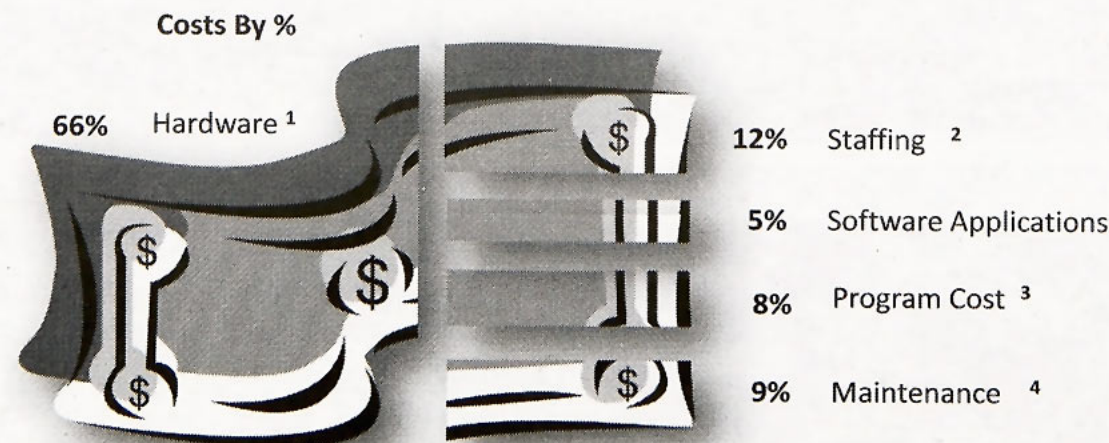
Swenson said her garbage production is higher at college, where she consumes more packaged and processed foods, as opposed to the amount of garbage she creates at home.

Because college life makes students and faculty create more garbage, Winona State has made strong efforts to "go green."

In May 2007, President Judith Ramaley signed the American College and University Presidents' Climate

See TRASH, pg. 6

*Where Does The Money Go?*



1 Laptop Rotation Every Two Years

2 Fulltime and Student Employment

3 Senior Buyout Program  
Training  
Administration  
Un-collectibles

4 Insurance  
Repairs  
Spare Laptops  
Components  
Replacement Battery  
Personalized Help Desk  
Three Year Warranty



# What's Happening Around Winona State...

Wednesday 10/20	<b>Beat Out Hate</b>  Time: 11 a.m. to 2 p.m. Place: WSU Courtyard	<b>Career Fair</b>  Time: 11:30 a.m. to 3:30 p.m. Place: McCown Gymnasium	<b>Mass Communication Open House</b>  Time: 12 to 3 p.m. Place: Phelps Office
Thursday 10/21	<b>University Improvement Day</b> No classes before 3:30 p.m., except those that meet once a week!		
Friday 10/22	<b>Government Job and Career Fair</b>  Time: 12 to 3 p.m. Place: PAC Main Stage	<b>Art Department Exhibit "Flat Earth: Still Life as Landscape"</b>  Time: All Day Place: Watkins Hall	<b>Food for Thought book chat: John Steinbeck's 'East of Eden'</b>  Time: 12:05 to 1:05 p.m. Place: Winona County Historical Society
Saturday 10/23	<b>Winona State Concert Choir and Women's Chorus</b>  Time: 7:30 p.m. Place: PAC Main Stage Cost: \$12 for students and adults; \$8 for seniors	Sunday 10/24	<b>Winona Symphony Orchestra Concert</b>  Time: 4:30 p.m. Place: PAC Main Stage Cost: \$15 for adults and \$5 for students
Monday 10/25	<b>CPR/AED Training Sessions</b>  Time: 11 a.m. to 2 p.m. and 2:30 to 5:30 p.m. Place: Dining Rooms C and D, Kryzsko Commons	Tuesday 10/26	<b>Faculty Recital: Eric Brisson, piano</b>  Time: 7:30 p.m. Place: PAC Recital Hall Cost: \$8 for adults and students; \$4 for seniors

**HAVE AN EVENT? LET US KNOW!**  
**CONTACT ALI CARLSON**  
**ACCARLSON09@WINONA.EDU**



# TRASH

Continued from pg. 4

Commitment. Winona State is one of the 674 signatures that have committed to achieving "climate neutrality," or having zero impact on the Earth's climate. Signing the commitment formalized Winona State's efforts.

Ever since, Winona State has become more environmentally aware, with enactments like the Purple Bike program, limiting printing pages, Zip Cars, and the new energy-efficient Integrated Wellness Complex.

In fact, Winona State is recognized in the Princeton Review's "Guide to 286 Green Colleges." The guidebook

discusses the above-average dedication of educational institutions in terms of sustainability.

There are many different definitions to the word sustainability, said Campus Planner Jay McHenry. "Generating less, being energy efficient and reusing old resources are multiple meanings to the word," he said.

As for garbage, everyone has seen an improvement over the last several years. Daniel Bjornson, Winona State's Building Services Manager, said there are about 60 recycling stations around campus, not

including the new residential halls. This means that for almost every area where there is a garbage receptacle, there are blue recycling bins, too.

Studies have been conducted over the years to help decide the best and most convenient places to put recycling stations. The recycling options include aluminum, paper and glass.

The convenience of having recycling next to trash bins has made recycling more popular amongst students and staff. Jane Erickson, a general maintenance worker for the Morey-Shepard residential hall, said she has

seen a lot of progress in how full the recycling bins are in comparison to previous years.

In all residential buildings, each room is given a smaller blue bin for students to recycle within their dorm rooms, and trash compacters and recycling containers are located just outside most halls for convenience.

A major frustration for Winona State's GMWs is trash that gets mixed in with recycling. Workers throw away all recycling mixed with trash into trash bins because it's not their job to sort through the bins.

Bjornson also said Winona State is in the process of improving the system for measuring actual waste produced. "This will help reduce the trash production," Bjornson said.

Additional information about Winona State's Common Book Project can be found at [www.winona.edu/commonbook](http://www.winona.edu/commonbook).

Contact Amy at [AJBrinkman5618@winona.edu](mailto:AJBrinkman5618@winona.edu), and Krista at [KSauerer09@winona.edu](mailto:KSauerer09@winona.edu).

## Community and sustainability lecture

The Athenaeum Series will present "How the Connected Community Paves the Road to Sustainability? An Earth Way Perspective" at 1 p.m. Oct. 20, on the second floor of the Darrell W. Krueger Library.

James Reidy, recreation, tourism and therapeutic recreation, will examine the historical and economic

conflict between the people of the First Nation and the European Nation.

Reidy will present teachings, quotes and songs from several tribes in an effort to demonstrate how the understanding and practice of a connected community is the best path to sustainability.

## CLASP series presents on climate change, carbon footprints

The CLASP series will present "Understanding Global Climate Change: A Primer for the Everyday Citizen" and "What WSU is Doing to Reduce Its Carbon Footprint" at 7 p.m. Wednesday, Oct. 20, in Stark Auditorium.

Toby Dogwiler, geoscience, will explain the current scientific understanding

of global climate change, how future predictions are formulated and what changes are being forecasted for the Upper Midwest.

Kurt Lohide, vice president for finance and administrative services, will discuss how the university and its community partners are pursuing a wide array of initiatives designed

to ultimately neutralize greenhouse gas emissions.

For more information, e-mail Jim Armstrong at: [jarmstrong@winona.edu](mailto:jarmstrong@winona.edu) or call 507-457-5418.

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*Remember, in Winona, the Best Housing always Rents in the Fall*



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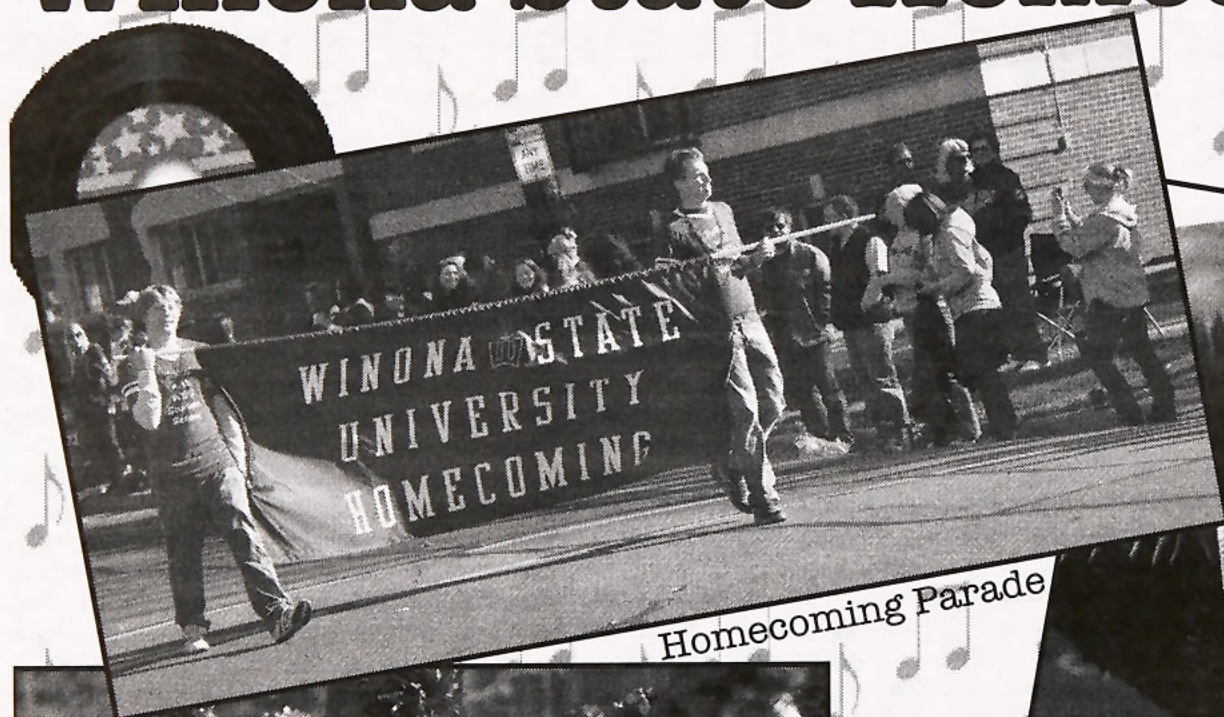
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Pick up an application in the Winonan office in the lower hyphen, or e-mail [winonan@winona.edu](mailto:winonan@winona.edu).



# Winona State Homecoming 2010



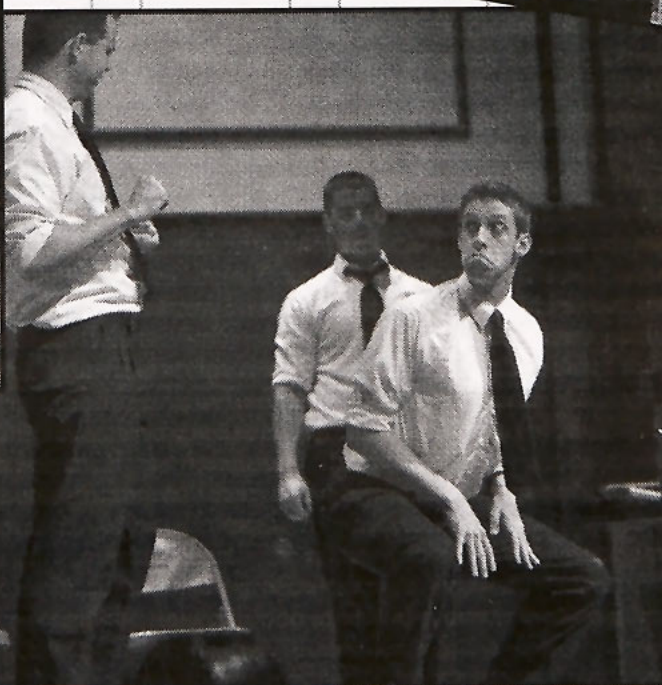
Homecoming Parade



Wing Eating Contest (Brad Farrell)



WSU cheerleading team



Mission IMPROVable



The Johnny Holm Band



Homecoming Court



Photos by Ali Carlson



# Christian professor overlooks cause of suicides

**Brian Sanders**  
Winonan

Tonight, Wednesday, Oct. 20, there is a candlelight vigil at the gazebo to mourn the recent suicides as a result of homophobia.

In the month of September, there were at least ten suicides by gays related to anxieties about others' homophobic actions, ranging from the ages of 13 to 19.

The wagers of the anti-gay culture war had better choose their responses carefully. The response has been apologetic, but has it been apologetic enough?

Warren Thockmorton, PhD, is an Associate Professor of Psychology at Grove City College, a Christian college in Pennsylvania and a CNN blogger. He leads the Golden Rule Pledge, which advocates that Christian students use the Day of Silence to state that they are, in some way, allies.

The Golden Rule follower is to pledge "to treat others the way I want to be treated" and point others to Luke 6:31

where Jesus stated that "Golden Rule." His Golden Rule Pledge has joined National Bullying Prevention Month as a national partner. It is encouraging to see that an outspoken evangelical Christian has taken this stance and is attempting to fight the problem.

Unfortunately, Dr. Thockmorton appears to have overlooked some details. The first glaring problem appears in the first sentence of his column: "The nation is mourning the recent suicides of three young teens..." Given that he has taken the frontline among evangelical Christians is combating homophobic bullying, one would think that he would have his facts straight. He missed six other suicides.

Besides his ignorance of the facts, there is another questionable aspect of his column, his argument that "As a traditional evangelical, I may have some differences of opinion with my gay friends. However, such ideological differences don't matter to a middle school child who is afraid to go to school." He fails

to see the connection between his ideology and the suicides.

It is much easier for any Christian to say, "I am against bullying" than it is to say, "I am accepting of gays and lesbians," but this does not absolve them from all guilt in this case. They are evading the issue.

Dr. Thockmorton must surely know a thing or two about bullying since he has taken on the cause. If this is the case, he must understand that bullies exist regardless of whether adults approve or disapprove. His condemnation of the actions of bullies is mostly irrelevant—most adults disapprove of most bullying. Parents do not usually encourage children to harass other children. By opposing bullying, Dr. Thockmorton has placed himself in the average adult's position. Well done, but this is hardly "three cheers for Christianity." Bullying happens when members of an in-group want to target a member of an out-group. How, then, can Christians lower the level of homophobic bullying that happens in schools? They can start by lowering

the amount of homophobia in our society. By continuing to oppose gay marriage, by not publically outing homophobic sensationalists, and by teaching their children that gay and lesbian kids are somehow different, evangelical Christians are culpable for the creation of the "out-group" that is committing suicide. But congratulations on condemning bullying.

Dan Savage, the well-known gay columnist, received an email from a Christian who was bothered by his characterization of evangelical Christians as anti-gay. The offended emailer stated, "To that end, to imply that I would somehow encourage my children to mock, hurt, or intimidate another person for any reason is completely unfounded and offensive." This misses the point: Christian homophobia is not responsible for the bullying itself, but they have created the out-group being victimized. That is the issue.

Or, as Dan Savage put it: "I'm sorry your feelings were hurt by my comments. No,

wait. I'm not. Gay kids are dying. So let's try to keep things in perspective: Fuck your feelings."

Moreover, not all of the suicides were merely caused by peer bullying. The case of Zach Harrington involved adults at a city council meeting.

If you create a target, be prepared for the responsibility when they are victimized.

The ten teenagers I've been able to find who committed suicide in September were Billy Lucas (15, Indiana), Cody Barker (17, Wisconsin), Seth Walsh (13, California), Tyler Clementi (18, New Jersey), Asher Brown (13, Texas), Harrison Chase Brown (15, Colorado), Raymond Chase (19, Rhode Island), Felix Sacco (17, Massachusetts), Caleb Nolt (14, Indiana), and Zach Harrington (19, Oklahoma). The vigil will be held at 9 p.m. at the gazebo and I encourage you all to come.

Contact Brian at  
BPSanders06@winona.edu

## Does the 'sex sells' technique work for awareness events?

**Michael Rowland**  
Winonan

For the past few days, a confusing trend has taken over many women's facebook. Their statuses seemed to be unusually suggestive and provocative: "I like it on the \_\_\_\_\_" usually followed by a wink or some crass comment.

When I first saw the status spread, I assumed it was the a lyric from some racy rap song or something, but then I noticed that people were replacing the final noun each time.

Eventually, after finding out that someone's grandma "Likes it by the stove," I decided that I had had enough. I was going to figure out what was behind this status flu no matter how long it

took.

As it so happens, it only took about five seconds thanks to Google. I found out that the "I Like It" campaign was about spreading breast cancer awareness. You see, the "it" that each status referred to was not sexual intercourse but the lady's purse. The campaign spread through a chain e-mail and people are still posting their variations of the status as you read this.

When I found out the meaning behind these statuses I was shocked. People actually read chain e-mails? But I was even more shocked that this was a breast cancer awareness campaign. Why did it have to be so gratuitous and over-sexualized.

To me it feels like someone in the planning process genuinely thinks that the "sex sells" approach works for disease awareness too. It really doesn't. The reason it's in poor taste is because girls use this status to get themselves attention and try to appear clever.

Not once did I read a girl clarifying what this status was about. So pretty much, the whole campaign relies on someone being curious enough to use Google to find out why the hell all the girls he knows have become, well... nicer.

I don't like the idea of using a "naughty," "sexy," double-entendre to spread awareness over a debilitating and crippling disease like breast cancer. I wonder how those

whose lives have been changed by breast cancer feel about this attempt at gathering attention via "controversial" statuses. How about instead of using winking statuses on a social networking site, we try to speak to each other truthfully and honestly about a disease which really does deserve a little more attention.

The message that helped me donate to breast cancer research has nothing to do with cloying sexuality or man-trickery. In my dorm, I saw a message scribbled on a whiteboard saying "My mom fights like a girl! Please donate to breast cancer awareness." Sure, it wasn't as "current" as the "I Like It" campaign but it reminded me of the strength

the people who are afflicted with breast cancer must call upon and it made me feel like I needed to do something to help. And Hell, it had the guts to be honest and upfront. The reason the "I Like It" campaign fails because the whole request is hidden under layers of subtext, faux-sexiness and confusion. If we want people to donate, (and we do, obviously) then we need to show them our common humanity and the power that we have to really make a difference.

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# LETTERS TO THE EDITOR, ETC.

Winonan Staff

## Put money in your pocket after cleaning your closet

Ali Carlson  
Winonan

College students have to budget and balance their time between work and school. Bills have to be paid and homework needs to get done. It's sometimes difficult to work extra hours needed in order to afford new clothes or household items.

Being out on their own for the first time leaves most college student without furniture, dishes or cleaning supplies. Having to purchase these things leaves little extra money for food, clothing and fun.

A solution to this problem is shopping at consignment stores when you don't want to run to Walmart or Target.

People may have a

stereotypical opinion about these stores and may even be embarrassed by the idea of shopping there but in these days with the economy and layoffs, even people who aren't college students have started shopping there. The items found there are good quality and cost much less than purchasing them new. If you don't tell your friends you got it at a consignment shop, they will never know so there's nothing to be embarrassed about.

Whether the Salvation Army Thrift Store, Treasures Galore or the Peace Out Clothing Company they are a great place to shop for good quality items.

With many students only needing something for the semester or for the year it saves

both time and money. These places are also a great place to take things back to at the end of the semester when you don't want to move things home.

Places like these only keep items that are in good condition, clothing that's suitable to wear and all working electronics.

There are some exceptions to stores and what they except. For example, Peace Out Clothing Company only accepts brand name clothes.

There are some restrictions to what can be sold but many places will let you know the regulations prior to bringing items in.

Whether students are looking for a chair, plates or even other miscellaneous items, such local places can be found as a great resource.

So whether students are

looking to save the extra money for items or that may just be needed for a semester, buying previously used or owned items have been a growing way to do things.

Peace Out Clothing Company is also a store that makes it available for college students to earn some extra money. If they have clothes they've outgrown or getting rid of clothes that are not in anymore, there are ways through stores that students can clean their closet and make money at the same time.

So not only are consignment stores a great way to save money when you have to spend it, they can also put a little extra back in your pocket.

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## Decoding girl code: How the rules are really understood

Molly Barrett  
Winonan

We've all been there. You're at a party or walking around the mall or if you're like any normal girl, you're just sitting around campus.

A cute boy walks by.

You immediately turn to your friends for looks of approval.

The rules are simple and go like this: the one who spotted him first "has" him.

They may all nod in approval and smile and giggle to each other; 'good find girl, he's adorable,' but if you were the first spotter, he's yours, hands off.

It's the unofficial "girl code" and even though it isn't written down, it's not handed down from a mother, it isn't even really talked about; it still exists.

It seems as if most girl disputes and friend problems stem from boys — try as we might, we don't really drift far from our kindergarten days of fighting over the boy on the

playground who could jump off the top of the monkey bars.

I was interested in how urban dictionary defined "girl code" — was it really as well known as I perceived it today?

The definition, like many on the site, made me laugh out loud with its sheer bluntness.

"A set of useless rules that girls use to govern and bully around their friends, girls or guys. Examples of breaking the girl code:

1. You slept with a guy a friend used to like.

2. You ask a guy out that you once saw an acquaintance out with a month or less before.

3. You are friends with someone your friend hates."

Most of these seem to me as common sense, not entirely a "girl code"; but a code most friends would seem to abide by.

It never ceases to amaze me how crazed some girls can become just because a guy is present.

The sad truth is that some friendships, even ones that

are based mostly on trust, go out the window if said guy in question strays from his relationship for someone else.

"You don't date or even think about dating someone that your friend used to be interested in. Even if that person is in a relationship with someone other than that person. You also never would date one of your friend's exes, even if it's years in the future and they only dated for a month. It's just girl code." One of my friends explained to me.

The acceptance of girl code seems to be ingrained in every girl from the time that they are able to like boys, yet girls accused of breaking it show up all the time. It's not just when it comes to boys and relationships.

Rule three is the trickiest of all: You are friends with someone your friend hates.

Remember that boy who broke your heart, completely blew you off or said those really mean and unnecessary things?

The first thing we do as girls is call all of our friends. We sit in a circle and more or less think of every rude thing we can say about that boy.

Cue mass deletion from Facebook and deletion of his number from all of your cell phones.

It is completely irrelevant if they were friends with him before this happened; if they want what's best for you, they follow suit and delete him from their life as well.

A friendship just doesn't work between one of your friends and the guy who broke your heart.

Common sense, right?

Maybe it stems from our connection as women to stand together against those that hurt us.

We follow girl code for the sole reason of knowing that if and when that guy does break our heart, they will be behind us, ready with computers and phones to get us one step closer to getting over it.

But there's also always the

fear that we need to watch our backs; maybe if something goes wrong we don't tell our friends the next time we see the cute guy.

We don't want them swooping in and stealing what we've claimed as the one we like.

The code to me, after discussing it with countless friends, a bit obsessive and territorial.

We pride ourselves on being the more emotional gender, for caring more, for reading into things too much because we want to make sense of it all.

When really the only thing that doesn't make sense is that we treat boys like the newest dress we need to buy: finder's keepers.

Maybe these boys deserve more than that. Maybe girl code is there for that very reason: to remind us why it pays off in the end to be a good person who cares about our trust within our friend group.

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Brad Farrell/Winonan

Winona State University theater and dance students performed the play, "Ali Baba and the Forty Thieves" Oct. 14 and 15 in the Performing Arts Center.

## Students bring laughter and dance in Ali Baba performance

**Molly Barrett**  
Winonan

The Winona State University theater and dance department did not disappoint this fall with the children's play, "Ali Baba and the Forty Thieves."

The play was an exciting blend of love, comedy and belly dancing, all tied together by a narrator telling the story of Ali Baba.

The play began with a large group scene, where almost the entire cast was present on stage.

This was in preparation for the wedding of Ali Baba to his ex-servant, Morgianna.

The sultan, played by Ryan Stefani, took his seat in the first aisle, flanked by two girls fanning him throughout the entire story being told by the narrator.

The play centered around the relationship between Ali Baba, played by Andy Halvorsen, his servant and his brother Kasim, played by Conlan Carter.

Conlan's wife in the show, Dunazde, was played by Molly Daun and seemed to be one of the more imaginative characters of the bunch.

She was the angry wife, constantly needing to be tended to by her servant and centered

the couple's events on herself.

"It was extremely difficult to get into this character because I am usually a realistic actress," Daun said.

"I like playing characters that could be found in real life, but trying to play an over-the-top character was more difficult for me. It was a different experience having to play a character that wasn't necessarily liked or understood by the audience, especially during the children's shows."

"Overall, I was extremely grateful for the experience and pleased with how well the end result was."

Carter's character had the same type of attitude and engaged the audience with laughter when he interrupted his brother, Ali Baba, multiple times by screaming, "Let all mouths be closed but mine!"

Ali Baba, who was the poorer of the two brothers, spent the play in search of a way to repay back what he owed his brother, as well as trying to find riches of his own.

Ali Baba's sidekick, a donkey, initiated laughter from the entire audience throughout the duration of the show.

The costume for the donkey was hilarious as well; stilts had

been built in to what would have been the donkey's front paws so that the actor, Marcus Wodarski, could easily walk around on all fours.

Ali Baba and the donkey walk to a campfire site, where he spots a rope tied with the thieves knot.

He and the donkey hide under a bush when they hear the thieves quickly approaching.

Their calling of the classic phrase "open sesame" opens the set to reveal a back area filled with riches.

See PLAY, pg. 13



# Listen Up: Play It or Pass It?

## 'You, Me and Everyone We Know' debuts raw, relatable album



**Linzey Sarreal**  
Winonan

"Some Things Don't Wash Out," the first full-length studio album from You, Me and Everyone We Know, is definitely an album that will get peoples' attention.

Following the release of their two independent EP's, "Party For the Grown and Sexy" and "So Young, So Insane," the Washington D.C.-based band released "Some Things Don't Wash Out" on Doghouse Records.

Combining clever lyrics, similar to bands, Say Anything or The Format, with theatrical accompaniment, like that of Panic at the Disco, you get You, Me and Everyone We Know's sound at its core.

With lyrics of angst and sexual content, the band tells tales of moments on the road and experiences with record labels, making a less-than-cookie-cutter image of what happens while trying to find success in the music industry.

The first track off the album, "Shock and Awe," is full of anger, singing "screw you" to everyone who didn't believe in them, especially record label executives who told them they didn't have the image.

Their image was all the label cared about, which was the subject matter to their second track, "I'm Losing Weight for You."

This song is definitely raw and realistic, addressing the problems with the music industry and how having the right image is a big part of getting signed or becoming successful.

The third track, "Livin' Th' Dream," is actually a track originally off "Party for the Grown and Sexy."

It's a revamped version,

describing experiences of being in a band, going on tours and not giving up on your dreams.

"A Bigger Point of Pride," is a catchy track with the help of dynamic vocals and claps, along with lyrics of enjoying what you do even if it means not becoming famous.

"Bootstraps" is an anthem to anyone who's been told to change who they are to impress someone else and a message to not let anything or anyone bring you down.

The band's first single and title track, "Some Things Don't Wash Out," is about getting clean, having struggles and looking within yourself for courage.

"James Brown is Dead" is full of seduction and smooth vocals, with kick drums and trumpets.

The eighth track, "The Next 20 Minutes," slows things down, shows off lead singer Ben Liebsch's range and expresses his sincerity in apologizing for lies and secrets in a relationship.

"A Little Bit More" is rather uplifting with clever lyrics that demonstrate the talent of the band once again.

The opening to "The Puzzle," is another track that shows how the band has matured musically and lyrically, while keeping its original sound that I love.

The final track, "Moon Roll Me Away," has strong instrumentals, claps and group vocals that concludes the album with a bang.

If you haven't yet, check out this album, and if you ever get a chance, catch this band on tour.

They'll be on tour with Minneapolis-based band, Take Cover, this fall.

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# 'You Again' fails to be funny or engaging

Ashley Sinclair  
Winonan

A character that had few lines stole the show in the movie, "You Again."

I think that says a lot.

Betty White did just that, playing the grandmother of Kristin Bell's character Marni, the once biggest loser in high school who grows up to be on top in a big public relations firm.

With lines about picking up young men and following her on "the Twitter," White was quite funny.

But honestly, most of her lines were in the previews, so even my positive thoughts about this movie can't be backed up by much.

"You Again" is a story about how high school comes back to haunt Marni.

Her mom, Gail, played by Jamie Lee Curtis, also has similar experiences.

Marni's brother is getting married to her arch nemesis from high school, Joanna, played by Odette Yustman.

With that comes Joanna's Aunt Ramona, played by Sigourney Weaver, also known as Gail's "frenemy" from high school.

After faking the perfect little family for a while, the claws start to come out, and perhaps, in a way that was too over-the-top.

There was a dance scene where there were way too many overdone dance moves, and it just seemed like the whole movie was forced.

Perhaps one of the reasons for that is Yustman's acting skills.

Now don't get me wrong, I know I shouldn't judge her on her acting skills when all I've seen from her work was this movie, but she just seemed like she was trying way too hard.

Maybe this Megan Fox look-alike was casted for her looks.

On the other hand, the rest of the cast seemed to do fairly well.

Bell could have done better by taking the lead with a little more power.

I think they should have casted a more A-list celebrity who has had more experience with taking the lead.

Curtis and Weaver actually played their parts good enough for it to be believable.

Even though this movie is considered a comedy, the time sure didn't fly by.

It actually seemed pretty



©Google

long; minus the over-the-top scenes, the rest of the movie was kind of boring.

This movie is definitely made to see with the girls or perhaps your mom.

Do not drag your boyfriend to this movie.

I don't mean to make this movie sound absolutely horrible, but it's just not worth it.

I laughed maybe twice in the

whole 105 minutes.

The women tend to get in lots of cat-fights that involve throwing plates at each other and dunking each other in a pool.

I don't know if it was supposed to be funny because the movie seemed to exaggerate things, but overall, it wasn't that funny at all.

Pretty much all the "funny" scenes are mindless, such

as running into an anthill or getting soaked by broken water pipes.

And to top it all off, it all ends with a wedding in a hospital cafeteria with a big group hug.

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## Legal advice available for Winona State University students on campus

Courtney Kowalke  
Winonan

Winona State University students in need of legal advice should look no further than East Alumni Lounge.

Every Tuesday from 5 to 7 p.m., John Plachecki, a member of the bar association in Minnesota and Massachusetts since 1986, offers legal services for those with questions pertaining to campus and community life.

Plachecki has been providing his services for students since 2000.

"I know the person before me had done it for one or

two years before they moved on to greener pastures," said Plachecki, a partner at Winona law firm Price, McCluer and Plachecki.

"I knew they were looking for someone, so I threw my hat into the ring."

Student Union Director Joseph Reed also played a role in Plachecki's recruitment, after attending Saint Mary's University together.

Reed recalls graduating two years before Plachecki.

"I think he's a nice fit for students," Reed said. "He's very personable."

"I know we've had this service for at least the past ten

years.

"A lot of students needed legal advice, and we had a lot of inquiries as to what services we would provide for them."

"I just saw a need there, and I followed up on it."

When asked how he thinks Plachecki's services are important for students to know about, Reed said he believes "the fact that we book up every Tuesday" speaks for itself.



J. Plachecki

Though the university does not allow him to represent students in court, Plachecki will answer questions on "pretty much everything from A to Z," he said.

"Over the years, I've seen everything," Plachecki said.

"I've handled divorce questions, copywriting issues, roommates suing one another and questions about immigration."

"I've also dealt with bigger issues in a criminal arena."

Although Price, McCluer, and Plachecki handle criminal defense and personal injury trials, Plachecki said, "[Criminal defense] is just a

sliver of the stuff I do here."

Most of the cases brought to Plachecki are civil disputes.

"I get a lot questions regarding landlord and tenant situations, lots of small claims and power of attorney questions along with students drafting wills," he said.

Students also bring concerns regarding minor consumption and disorderly conduct charges.

"I help them by telling them what the law is and explain to them in a way that they can prepare and go into battle," he said.

See PLACHECKI, pg. 14





Photos by Brad Farrell/Winona

The actors and actresses engage the audience by blending a love story, comedy and belly dancing with exciting costumes and beautiful sets and props.

When they depart, Ali Baba does the same, albeit adding a "close sesame" to the laughter of the crowd.

He then takes the gold coin he has found and spreads the wealth among the poor.

The rest of the play revolves around the cat-and-mouse game of the thieves versus Ali Baba's brother, Kasim.

The most memorable scene of the play seemed to be the chase scene between Carter's character and the four thieves.

Carter, armed with a metal tray, started chasing the thieves

until eventually he was able to confuse them enough to hide.

The thieves eventually do catch him and resolve to cut his body into pieces.

Ali Baba is the one who finds these pieces, and takes them rolled up in a sheet on the back of the donkey back to his sister-in-law's house.

These pieces are delivered to Dunazde in a scene where death was portrayed in a humorous way.

Morgianna enacts her revenge on the thieves by killing them with hot oil while

they are hiding in huge jars.

The play ends with a belly dancing show and a conclusion from the narrator.

"And that is how a faithful woman can move mountains," the Sultan said, to close the play.

The beautiful sets, the talented actors and actresses and a heartwarming, hilarious plot made it a successful production for Winona State.

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## Accounts from Academicians

(noun) *ac·a·de·mi·cian*, *a-kə-də-'mi-shən*

*An academic; intellectual*

Have an idea for a fun question of the week? Email Christina at CMcDanie8912@winona.edu

By Christina McDaniel  
Photos by Ali Carlson/Winona

**What do you think is the greatest thing created in your lifetime?**



"Cell phones."

**Bernie Conley**  
Marketing and Advertising  
Janesville Wis.



"Blu-Ray."

**Kristine Gerber**  
Biology  
Grand Meadow, Minn.



"The Internet."

**Chase Bratland**  
Accounting  
Winona, Minn.



"The iPod."

**P.J. Duncanson**  
Math  
Shoreview, Minn.



# Hannah's Thoughts at Random: World War Z, the Winona Chronicles

Hannah Jones  
Winonan

The trees stand dark and barren on the Winona State University campus, though many of us remember when they were full of color and life.

Just one week ago when we were blissfully centered on classes, Greek life and Monster-Cookie-Dough Ice Cream day at the cafeteria, the seeds of conflict had only just been sewn in the fertile grounds of unpreparedness.

Few were truly ready for it when it all began Monday at exactly noon: The invasion.

In the bitter war between the living and the undead that took place last week, I can only tell of my involvement as a witness.

I did not take up arms or attempt to brave the Winona State zombie attack.

Perhaps, given the unstoppable wave of infection that ensued after the fateful invasion, I should have.

But now, surrounded by barren trees and a campus wearied of a conflict freshly ended, I can serve only to document the catastrophe and honor its victims.

**Monday:** Even for pacifists like myself, it was hard not to notice the war happening all around us.

The most obvious sign of a combatant was the bandana.

Everywhere I looked there were congregations of survivors.

Their bandanas were red, bright and reminiscent of thriving, sanguine humanity.

Most tied their kerchiefs around their heads in a warrior fashion.

Others knotted them around their arms and wrists.

Some carried oversized, stuffed tube socks, which were the weapon of choice for the seasoned zombie slayer.

Indoors were safe havens against attack, so it was there that they convened and planned.

A group sat cross-legged in the solarium, four young men with socks and bandanas.

One of them glanced up at me as I observed, and I saw in his eyes the look of the hardened fighter, a man who had seen action.

And I, without a scarf to my name, turned away in shame.

**Tuesday:** I had heard about what was going on outside of the security of campus buildings.

The other side was gaining ground.

The zombies were the scourge of the courtyard.

These were no mindless leg-draggers, as any survivor could tell you.

Like the humans, the zombies made plans, strategies and teams.

A trio of humans hung their heads and mourned the loss of their fourth counterpart, who had emerged from the Performing Arts Center only to be ambushed by five agents of the opposition, who had been waiting for just such a victim.

Indeed, the only real difference between the zombies and their human prey was the color of their bandanas: green.

Leaves began to fall from the vivacious campus trees.

**Wednesday:** The disease ran rampant.

Zombies traveled in devastating packs, tagging and converting every human in sight.

Quickly the seas of red scarves were replaced by fields of green.

Many were hopeful for a new class of human warrior: an antibody, or healer, that could catch and return zombies to their original human form.

Many more were skeptical.

All carried their loaded socks with them at all times.

**Thursday:** The blood drive on campus made the mistake of binding the puncture wounds in red gauze.

Many innocents suffered a range of accidental tags and even tackles.

I placed a precautionary hand over my own bandage and hurried from building to building.

The leaves were falling like rain, blanketing the sidewalk with their corpses.

**Friday:** Red was a rare sight to behold on campus.

The survivors were in agreement; it all looked rather hopeless.

The zombies, greater in number and craftier than ever, were picking off the remaining warriors like flies.

Still they exchanged stories of loss and bravery.

A few whispered of a legendary survivor who had actually back-flipped away from an approaching zombie, simultaneously whipping his sock through the air and striking his green target.

They say he lived to tell the tale, though I never did hear him tell it himself.

As for me, I knew that this could not be my war.

I was evacuating for the weekend, taking refuge in my hometown until the whole thing blew over.

I remember my final meal before fleeing.

I chewed my macaroni in remorseful resignation, aware of my cowardice and even more aware of the unstoppable doom that faced the humans of Winona.

Then I caught sight of a swatch of color in the distance, a bandana, neither red nor green, tied warrior-style around

a student's head.

It was like no other kerchief I had ever seen.

The majority was a pure, unmarked navy, but the center was decorated with a plain yellow triangle.

The clock on my cell phone demanded my attention.

I had to leave, to catch my train and abandon the campus of the damned.

But I was left to ponder the decoration I had just seen.

Was this the bandana of the fabled "healer?"

Was there hope yet?

**Present day:** My return to Winona was met with silence.

The zombie invasion was over, and both sides had laid down their arms.

It's hard to say which army had come out on top.

The campus is silent now, the trees naked and the ground strewn with fallen leaves, and none breathe a word of the conflict, as if it simply never occurred.

My testimony remains one of the few remnants of that week; the week the dead walked, and the living struggled; a week of bandanas, tube socks and brotherhood.

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## PLACHECKI

He also said students who he's heard from after court hearings usually have "great success."

Plachecki has been featured in the Minnesota Journal of Law and Politics as one of Minnesota's criminal law "Superlawyers" in 2006, 2007 and 2008.

This title means he is part of the five percent of Minnesota

lawyers identified in a poll of 20,000 who excel in "specific areas of legal practice," according to the journal.

Plachecki requests that students sign up to meet with him in advance.

Additionally, complaints regarding specific people must be anonymous.

"The people they complain about we may represent at our

firm," Plachecki said.

"The identity of the person is not important to the answer given to students; [Not knowing who the complaint is about] doesn't change the advice I give."

"Come one, come all," Plachecki encourages when asked to give a statement for students unfamiliar with his services.

"There's no fee, and you can ask as many questions as you want. I'll answer anything legal you want to know."

Reed said, "All students should know about this service. If I ever needed a lawyer, I would hire him in a heartbeat."

Sign-up sheets to meet with Plachecki can be found upon request at the Student Resource Center Desk.

Appointments must be made by 2 p.m. Tuesday of the requested meeting.

Contact Courtney at  
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# Homecoming game falls short of expectations



Ali Carlson/Winonan

Winona State University students and alumni filled the stands at the homecoming football game Saturday, against Augustana College.

## Matt Shalbrack Winonan

The Winona State University football team could not get the offense going as it was shut out 17-0 against Augustana College during homecoming on Saturday.

The Warrior offense only mustered up 246 total yards due in part to a solid Vikings defense.

Head Coach Tom Sawyer said he felt the "defense played well and the offense played below average."

Before this game, the Warriors "haven't been shut out

in four years," Sawyer said.

Rayon Simmons led the way rushing for the Warriors, piling up 69 yards on 13 carries.

Quarterback Evan Aber had 13 completions out of 33 attempts for 130 yards and an interception. It was the first time all season that Aber had not thrown multiple touchdown passes in a game.

Eric Swan and Curtis Dewberry each had five receptions for 68 and 31 yards respectively, while Sean Hertz had two receptions for 21 yards.

The Winona State offense stalled as it turned the ball over on downs during its

first possession of the game. The team made it into Viking territory at the 38-yard line.

Scoring opportunities for the Warriors were prevalent in the first half but Winona State couldn't convert those opportunities into points as they missed two first-half field goals.

"As an offense, we just didn't finish drives. We moved the ball on them throughout the game but did not capitalize when we got in the red zone. Our offense just needs to put points on the board," Swan said.

The Warriors beat the Vikings in time of possession

in the first half 18:57 to 11:03 but they couldn't convert on third downs.

The offense for the second half consisted of two punts, a turnover on downs and an interception giving the Vikings time on the clock for one last play, a kneel-down.

Defense was strong for the Warriors even though they allowed 17 points.

Ryan Jirgl led the way for the Warriors with 12 tackles and a forced fumble.

Elliot Gaulke, who also had six tackles, recovered the fumble.

"Our defense had one of their

better games of the season, holding Augustana to just 17 points despite losing key players to injuries. Our offense just didn't give them any help," wide receiver Derrick Engel said.

The Warriors also had two sacks coming from Lewis Johnson and William Sherard.

"Red zone play" and work on "moving the chains" will be the consistency of practice this week said Sawyer.

See FOOTBALL, pg. 18



# Cross Country team revamps for new season

**Ali Carlson**  
Winonan

It is not the same season or the same team that Winona State University has seen in the past.

The men's and women's cross country teams at Winona State have new members and a new outlook for the season.

The teams at Winona State put together their top finish of the season last weekend at the Jim Drews and Tori Neubauer Invitational in West Salem, Wis.

The women's team placed 16th out of the 27 teams competing at the invitationals after running its fastest recorded team race of the year and the sixth-best in the history at Winona State.

"At our recent meet we got the no. 6 all-time shortest team spread for Winona State," Kayla Gudmundson said. "Our

top five girls finished within one minute and four seconds of each other. That's something to be proud of. We keep dropping times consistently and getting better every meet."

Gudmundson led the Warriors with a time of 23:16 followed by Jenna Southworth (23:38) and Kelsey Stensland (23:59) who also broke 24 minutes.

Megan Snyder, Michelle Jeske, Katie Espe and Rachel Ziebell all crossed the finish line in under 25 minutes for the Warriors.

An average time for the top five female runners was recorded at 23:53.

The women were not the only ones to record their best race of the year, during the invitational the men placed 23 of the 28 teams, running an average time of 27:39 to record their season best.

Bryan Lindquist was the top

Warrior finisher with a time of 26:38. Kyle Dammen (27:10), Clay Scott (27:52) and Jared Haldeman (27:53) all recorded times under 28 minutes.

"The men's team has been running great. We are coming off our fastest team time since the program began up again in the early '90s," Kyle Dimke,

"As a team we have struggled in the last few years and so we think of these years as rebuilding years and we are trying to get in some new guys to help us improve."

-Kyle Dimke  
Men's Cross Country

men's cross country captain, said.

"As a team we have struggled in the last few years and so we think of these years as

rebuilding years and we are trying to get in some new guys to help us improve. We are improving every meet and in practices also."

Both Warrior teams will be back in action this weekend at the Mount Marty Invitational in Yankton, S.D.

The men will compete on Oct. 23 as the women will finish the the invitational on Oct. 25.

For the women, this meet is unlike other races this season.

During the Mount Marty Invitational the women will compete in a 5K.

"We are preparing for the Mount Marty Invite as we do for every meet. We train every day of the week and throw in a few speed workouts during the week," Dimke said. "For some guys this could be the end of their season however, so they are trying to make this their peak or best race of the

season."

The Warriors will compete in the Northern Sun Intercollegiate and DII Central Regional meets on Nov. 6 and Nov. 20.

"The NSIC and Regional meets will be our biggest meets with the best competition," said Dimke.

"All of our meets coming up are big meets with a lot of great competition, but the NSIC and our region have some really good cross country teams on both the men's and women's side. So we have some really tough races coming up, but we are looking forward to them."

For more information on the cross country teams finishes or stats, visit [www.winonastatewarriors.com](http://www.winonastatewarriors.com).

Contact Ali Carlson at [ACCarlson09@winona.edu](mailto:ACCarlson09@winona.edu)

## Fall 2010 Women's Cross Country Schedule

10/25/2010	Mount Marty Invitational Women's 5K	Yankton, S.D.
11/6/2010	NSIC Championships Women's 6K	Wayne, Neb.
11/20/2010	NCAA DII Central Regional Women's 6K	Wayne, Neb.
12/4/2010	NCAA Championships	Louisville, Ky.

## Fall 2010 Men's Cross Country Schedule

10/23/2010	Mount Marty Invitational Men's 8K	Yankton, S.D.
11/6/2010	NSIC Championships Men's 8K	Wayne, Neb.
11/20/2010	NCAA DII Central Regional Men's 10K	Wayne, Neb.
12/4/2010	NCAA Championships	Louisville, Ky.

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[ACCarlson09@winona.edu](mailto:ACCarlson09@winona.edu) for details.



# Soccer team takes sixth consecutive victory

**David Baertschi**  
Winonan

The Winona State Warriors soccer team faced Northern State University Friday Oct. 15 at Verizon Wireless Stadium in Winona.

The Warriors were able to get a victory 2-0, their sixth in a row.

In the tenth minute Melissa Sellier put the Warriors on the board with her fourth goal of the season and Cori Beard was awarded the assist on the shot.

Sellier took six shots, three of which were on goal and finished with one goal.

Lauren Sturdivant added the second goal for Winona State in the 35 minute, Jennifer Derdo and Katy Soliday received assists on the goal.

Head Coach Ali Omar was pleased with the performance saying, "We came out fired up, and scored those two early goals, then continued to control the game into the second half. Credit to our defense and [Belpedio], they've been great these last few weeks."

Sturdivant took just the one shot, which was on goal, and finished with one goal.

As a team the Warriors took fourteen shots, seven of which

were on goal. Northern State took twelve shots, six of which were on goal.

Belpedio was able to stop all six shots on goal, giving the team their fifth consecutive shut out.

Sunday Oct. 17 the Warriors took on the University of Mary; this game was also at Verizon Wireless Stadium in Winona.

Omar said, "We knew a few teams in our league had lost some games so we really wanted to come out and separate ourselves from those other teams."

Omar's plan did not go exactly as planned, as Winona

State and the University of Mary played to a 0-0 tie.

"Our first half was very flat, we just did not come out fired up as we had hoped to. A few injuries also forced us to change our approach to the game," Omar said. "The second half was the total opposite; we came out and controlled the half, but we just could not score. We were knocking at the door but just not able to get in."

The Warriors finished with eighteen shots, seven of which were on goal.

The University of Mary took fourteen shots, also having seven on goal.

The tie brings the Warriors' record in conference to 7-1-1, they are just two points from first place and are 10-3-1 overall.

Winona State is back at home Oct. 23 and 24 with games against Southwest Minnesota State and Minnesota State University, Mankato, it is also parents weekend for the Warriors.

Contact David at  
DBaertschi08@winona.edu

## Volleyball victorious against Bemidji State

**Jamie Babetch**  
Winonan

The Winona State women's volleyball team shut out Bemidji State University 3-0 last Friday.

The Warriors had a good battle in the first two sets and came out on top with a score of 25-21.

In the third set, the Warriors finished off the game with a score of 25-18.

Jessie Peterson led the Warriors with 14 kills, Kate Horihan had seven kills and Kayla Uhlenhake had 34 assists.

"We were very balanced both offensively and defensively," Head Coach Dave Simon said. "Both of our setters did a good job of distributing the ball."

The Warriors played

again Saturday but fell to the University of Minnesota Duluth 0-3.

In the first set the Bulldogs come out firing and took the set 25-15.

The second set was also taken by the Bulldogs 25-17.

With the game on the line, the Warriors put up a fight and started off the set 11-6. The Bulldogs came back to make it 16-15 and ended up taking the set and the game 25-22.

Simon said, "We need to set the tempo of play and be the aggressors right from the first whistle. We need to focus on the mini games of five, as this is instant feedback and hitting those marks first builds confidence."

Peterson led the Warriors with 11 kills. Kathy Lohff had nine kills for the Warriors.

This loss moves the Warriors to 9-11 on the season and 4-7 in the NSIC.

The Warriors will be on the road Friday, Oct. 22 against Southwest Minnesota State University.

For more information on the Warrior volleyball team and other sports schedules check the Winona State Athletics website [www.winonastatewarriors.com](http://www.winonastatewarriors.com)

Contact Jamie at  
JBabetch08@winona.edu

## FOOTBALL

Continued from pg. 18

The offense looks to bounce back as the Warriors will be away next weekend, playing Concordia-St. Paul at 6 p.m. on Oct. 23.

"We don't have to do anything new, we just need to execute and produce points when we get in scoring positions. We have the talent and right scheme, we just need to produce when in scoring position," said Swan.

Overall, the Warriors are 4-3 this season and Contact Matt at [MShalbrack07@winona.edu](mailto:MShalbrack07@winona.edu)

3-3 in the Northern Sun Intercollegiate Conference.

The next Warrior home game will be against University of Mary at 1 p.m., on November 6.

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# Warrior Spotlight

## Kayla Gudmundson

Women's Cross Country



### Fast Facts

**Name:**

Kayla  
Gudmundson

**Sport:**

Cross Country

**Major/Minor:**

Nursing

**Year in school:**

Sophomore

**Hometown:**

Becker, Minn.

**High school:**

Becker High  
School

**Hobbies:**

Reading, cooking  
and card games.

**Favorite movie:**

"Ratatouille"

**Favorite food:**

Noodles & Co.

**Favorite color:**

Orange

**Why did you choose Winona State?**

For the great nursing program.

**What is your favorite part of cross country?**

The team. We have a really great group of girls and we do a lot together. It's just fun to be with them.

**What is the most challenging part?**

Staying healthy. It's easy to get injured from running the amount of miles we do each week. I have to stretch, ice and do many extra things to make sure I can be healthy enough to compete on Saturdays.

**Favorite pre-meet activities (if you have any):**

Definitely pasta parties. Every Thursday night the team gets together to carbo load!

**Why did you decide to continue running/competing outside of high school?**

I knew if I didn't I would regret it. I always have so much fun running cross-country.

**If you could meet anyone, who would it be? Why?**

I would love to meet Jesus. He's perfect!

**Something that others might not know about you:**

I enjoy listening to heavy metal.

**Favorite thing to do outside of practice and classes:**

Be with people! I'm definitely a people person.

**Role Model(s) and why:**

I know everyone always says their parents, but my parents definitely are my role models. They are the examples of the person I hope to be.

**Outlook for the rest of the season:**

Our team has been competing well and our times just keep dropping every meet. Our goal is to place in the top four teams in conference and we definitely have it in us, especially if our team keep dropping times and get seasonal bests the way they have.

**What is one highlight of your college career (up to this point):**

I honestly couldn't pick out one single moment at this point. It's just been fun to be part of the team both years and accomplishing what we have. We have short term goals for the rest of the season but we are already looking ahead to the future and what we can do in years to come to be the best we can. I am very excited for the future of Winona State cross country.

Photo and Interview by Ali Carlson



Wednesday, Oct. 20, 2010

# Homecoming upset for Warriors



Ali Carlson/Winonan